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HEALTH  
OF THE  
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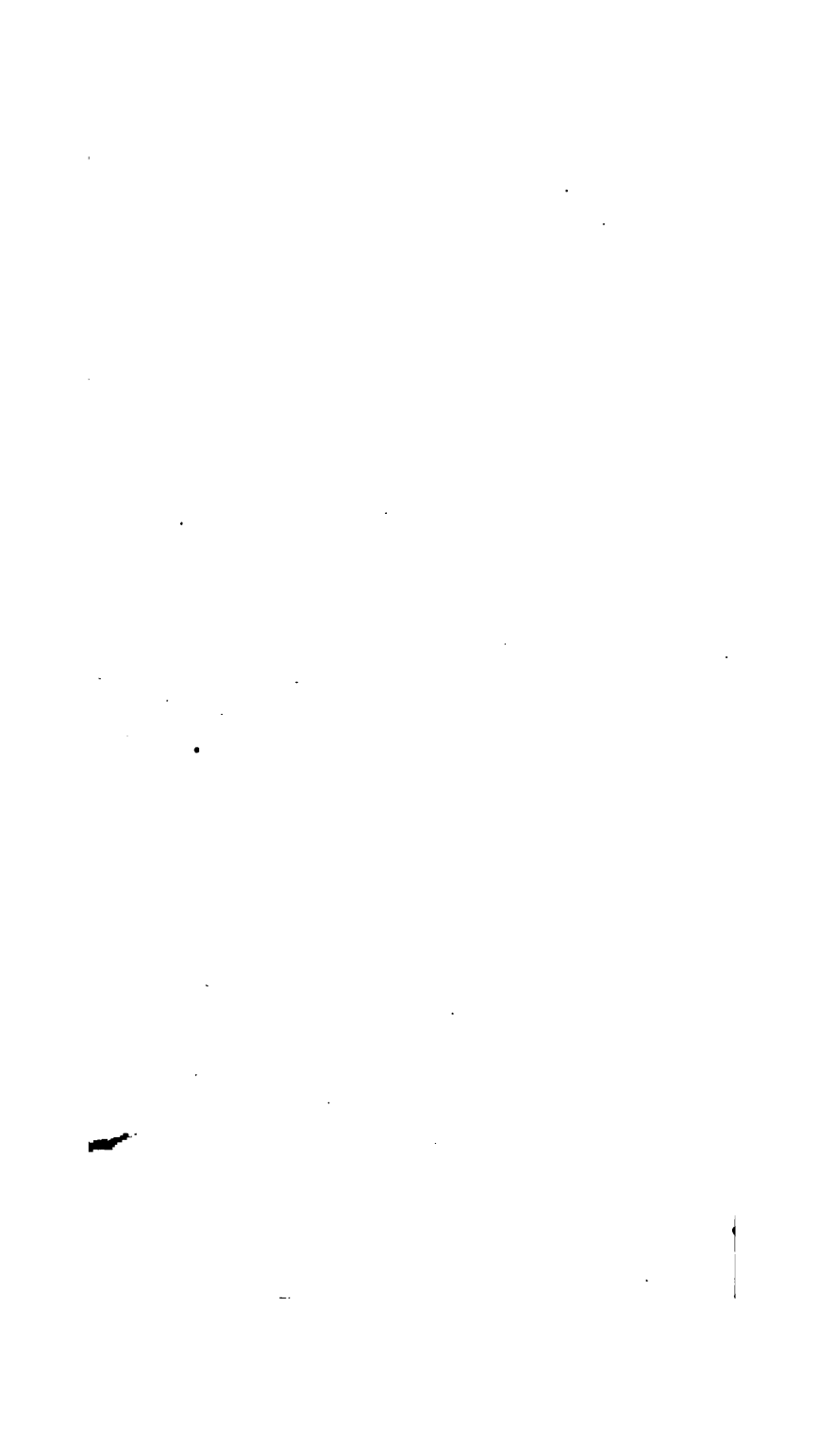
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DENDY

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**HINTS**  
**ON THE**  
**HEALTH AND DISEASE**  
**OF THE**  
**SKIN.**

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**BY**  
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**THE SKIN** is of vital importance to the health of the body.

Beauty of complexion is a natural object of solicitude.

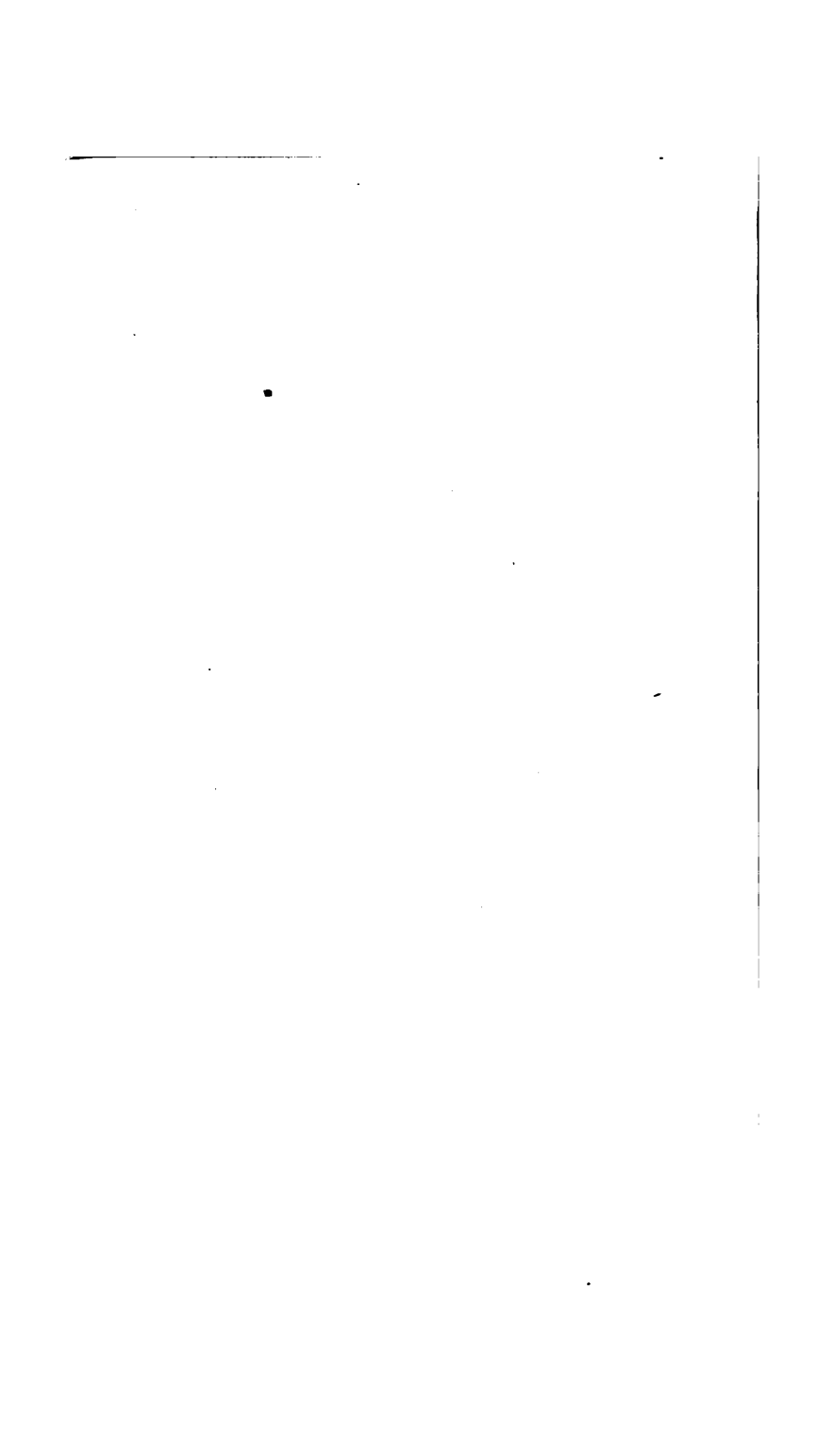
Severe or unsightly disease is a source of constant and irrepressible anxiety.

With these truths before us, whence arises the prevalent inattention to the welfare and integrity of this important covering?

The answer will be, the erroneous notions regarding its diseases, and the fascination of those slavish indulgences which minister to their establishment.

To expose, I hope to amend, these errors, the following remarks are written.

**Tillotson-place, Waterloo Bridge.**



## HINTS ON THE SKIN.

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**SIMPLE** as it appears, the skin is a tissue of very complex structure, composed of four distinct layers. It is supplied with nerves of extreme sensibility, spread like a network over the whole body, and constituting the organ of touch, or that delicate sense of feeling, which ministers to our agreeable sensations, and acts as our sentinel and mentor; and with *pores*, by which atmospheric or other fluids applied to its surface may be absorbed, and contribute to the nutrition of the body, or by which the superfluous fluids, or those which might injure by their retention, are discharged by perspiration. The skin is also furnished with *glands*, which, by secreting an oily fluid, render the tissues flexible, and defend them from the effects of friction; with bulbs, in which grow down and hair; with nails; and with *blood vessels* the most minute and delicate, which preserve its vitality and contribute its various secretions. The skin is thus composed of *papillæ*, *perspiratory pores*, *absorbent pores*, *fat glands*, *arteries*, and *veins*, with hair

and nail *bulbs*, and colouring glands. Such is the complexity of this apparently simple tissue, which contributes to so many important and vital processes, and, like a shield, defends the body from external influences which might derange and destroy its several parts; preserving its elasticity and moisture, somewhat as the rind of a lemon preserves the pulp from shrivelling and decay.

The superficial extent of the skin of an adult is about fifteen square feet, and the quantity of fluid which oozes through its pores is probably about two pounds in twenty-four hours. When we reflect on the immense load of fluid of which the blood is thus relieved, and its constant oozing in a state of health, we perceive how vitally important is this process of *perspiration* to the welfare of the body—

“ That full and free,  
Th’ evaporation through the softened skin  
May bear proportion to the swelling blood.”

Its *temporary* suppression is often followed by the most dangerous consequences, especially to the lungs and kidneys, and other organs: and we may easily anticipate the aggravation of evils, direct and indirect, by the more *permanent* alteration of its structure—the protracted diseases of the skin.

Different parts of the body are characterized by peculiar diseases. Rashes, pimples, bladders, pustules, crusts, and scales, have their different seats.

Some have more than one, as small-pox ; and when this *dips beneath* the skin, *pitting* is the result.

But skin diseases are constantly prone to run into each other ; and some, especially those of an inflammatory nature, very closely resemble each other.

There are, however, in all, distinguishing marks. Thus rose rash and red gum will often be mistaken for light measles or scarlatina, but they are not marked by flushed or red eyes, irritation of the nose, and fever, as measles will be ; or by the sore-throat, the *strawberry* tongue, and the head-ache or delirium of scarlatina. The milk crust of children is *not contagious*, yet it is often scarcely distinguished from scald head, which *is* so. Very innocent vesicles, as well as the rank red gum of infants, are often mistaken, and erroneously treated, for the different species of itch, which is infectious, and the effect of a burrowing insect ; severe chicken-pock for small-pox ; and the mere scurfiness of the head for ringworm ; while the terms *scrofula* and *scurvy* are often indiscriminately employed to designate almost all the maladies of the skin.

It is clear, therefore, that early discrimination regarding both the nature and the causes of skin diseases is most important, involving often the secret of success.

Some diseases are the effect of simple *external* injuries, as cold and sharp air, which acts by obstructing the circulation of the blood in the skin ; of contusions and wounds ; of the contact of fumes and

vapours ; or of irritating articles employed as remedies, or in trade, as among bakers and grocers especially.

Others arise from *specific contagion*, as ringworm, cowpock, itch, &c. : others, both from contagion and the breathing of infected air or vapour, as small-pox and plague : others from infected air only, as measles and scarlatina.

Novel or crude or stimulant articles of diet are a fertile source of cutaneous disease ; both those *generally* hurtful, and those *specifically* disagreeing with the stomach, as shell-fish and various acids, which, acting as poisons, produce an eruption of nettle rash, rose rash, erysipelas, according to the peculiar nature of the constitution.

In some persons, after violent exercise, draughts of cold water will produce various eruptions that have been termed a surfeit.

The functions of the stomach and bowels, it must be remembered, may be severely and permanently affected by emotions of the mind : if such be protracted, all the sympathetic diseases of the skin may, indirectly, have their spring in *moral* influence.

*Periods of life* are characterized by peculiar forms of disease : some occur chiefly during adolescence, usually subsiding when the transition from youth to adult age is accomplished.

The constitution of climate or of season may also influence the form of disease, and to some certain districts certain disorders are peculiar ; occasionally, indeed, confined to one spot.

## THE HEALTH OF THE SKIN.

To *preserve* the health of the skin, to prevent its disease, the most effective modes are, the regulation of the functions of the bowels, and of diet, due exercise, and the bath.

The employment of **APERIENTS** for the regulation of the bowels is of course most important in the preservation of the health of the skin, so intimately sympathizing as it is with the *alimentary canal*. It is difficult, however, to prescribe a set form for all, as constitutions and the degrees of strength, as well as the character of diseases, so constantly vary. In languid systems, and weak stomachs, the waters of Seidlitz, or Seltzer, or of Cheltenham, Hockley, Streatham, or Beulah, will be often sufficient; or two or three drachms of the tartrate of potass, adding to these a tea-spoonful of syrup of ginger and of dill water. Even one or two dessert-spoonfuls of common sweet oil eaten with salad will be often efficacious. When the system is robust and plethoric, more powerful purgatives should be employed, as colocynth, salts, and senna. If the liver be *torpid*, as indicated by loss of appetite, heartburn, indigestion, pain in the right side, symptoms usually termed *bilious*, from three to five grains of blue pill with ginger may be given once or twice in a week, at night; not exceeding three or four doses.

In many cases it is judicious to blend *opposite* qua-

lities in our medicines. In those marked by debility, where purgation is required, it is essential, while we effect this, not to reduce the tone of the system. The following saline chalybeate may be safely adopted, and will usually be aperient :

Take, Infusion of cascarilla,  $5\frac{1}{2}$  ounces,  
Epsom salts, 11 drachms,  
Aromatic elixir of vitriol, 1 drachm,  
Citrate of iron, 1 drachm,  
Mulberry syrup, 2 drachms.

Mix, and take from one to three table-spoonfuls at night, repeating it in the morning if required.

In the case of children, in whom an *acid* state of the stomach is fertile in exciting skin diseases, the *fluid magnesia* will be the best preventive ; and where more free evacuations are required, the concentrated essence of senna should be administered. These preparations are usually taken with readiness by children.

I write this, because the practice of *self-experiment* is almost invariably *local*, especially in the circles of fashion ; where the inestimable enjoyment of health is often exchanged for the proud triumph of a skin in a degree more soft and whiter than another. The Kalydor and the Bloom of Ninon are as indispensable in the boudoir as the casket of jewels : how far less innocent. There is, however, one favourite and potent drug, *calomel*. Its continued administration will, it is true, often remove unsightly diseases ; but it will render the skin rather pallid and *waxen* than

fair, with the almost certain forfeiture of health, and, indeed, with much probability of inducing consumption, if such disorder be latent in the system.

Rules for the regulation of DIET in a state of health may be almost anticipated. Food should of course ever be adapted to the powers of digestion, the nature of the constitution, the degree of exertion employed by each, and to the peculiar tendency to any especial skin disorder, and the nature of such disorder. I will therefore refer to the remarks on diet regarding the *treatment* of disease, which apply in certain degrees equally to preventives and to cure; merely observing here, that for those who are in active life during the day the meals should be thus arranged:—a breakfast nutritious but light; a biscuit, or bun, with weak sherry and water, about twelve or one; a substantial dinner at five or six; tea or coffee at seven, eight, or nine.—For those with evening occupation, dinner at two or three, with an hour of repose, if possible; tea at six or seven; a biscuit and wine and water at nine or ten.

The benefits resulting from EXERCISE, in preventing, among other maladies, skin diseases, are free perspiration, an equable circulation of the blood throughout each organ of the body, by which their healthy functions are promoted, and full expansion of the lungs, by which the proper *changes* of the blood are effected. It must be remembered, that exercise immediately after a meal is usually prejudicial; im-

*peding* the process of digestion, by distending the stomach with gas, rendering it incapable of its own proper function, and by pressure deranging that of the lungs, the liver, and its ducts. For the healthy, moderate walking is the most natural and salutary exercise; but when our walk is ended, the matter of perspiration it produced, and shreds of detached cuticle, are too often allowed to form a coating over the pores of the skin, by which its healthy functions are deranged. Thus exercise may be a bane rather than a benefit, unless we adopt the practice of *rubbing down*. A flannel should be employed to dry the skin, then a coarse towel, or hair gloves, according to the more or less irritability of the skin.

In youth, a judicious system of gymnastics will form a salutary and agreeable pastime; but all, especially the weak and languid, should ever stop short of fatigue. For these, riding on the pony or donkey will be the most eligible exercise, and this especially, if torpor of the liver or bowels exist. In those habits, too, slight exercise even in the chamber is essential, an hour or so after any substantial meal; digestion is thus promoted, and it may be further assisted by friction for a few minutes across the stomach and bowels.

For those passing a sedentary life, occasional *deep breathing*, while pacing the chamber, will tend to some benefit, by expanding the lungs.

The BATH has been resorted to in all ages and

climes, from an almost instinctive faith in its purifying and invigorating properties. As early as the Levitical law, it was specifically enjoined by the priesthood for the perfect cleansing of the leper. Among the inhabitants of ancient Greece and Rome the higher classes seldom sat to supper without previously entering one of those baths, the elegant ruins of which so profusely adorn the classic lands. The *athletæ*, or wrestlers, constantly employed it for the imparting of muscular strength, and the prevention of obesity: and river or sea bathing has ever been a prevalent custom with the American Indians, the Islanders of the Pacific, &c. &c. especially the Australian Aborigines, whose health and vigour is referred by scientific travellers to their practice of constant bathing. In Persia, friction, with fragrant oils, was often added to the bath; and when we reflect on the clearness of the skin of those often exposed to oily and greasy substances, we cannot doubt its utility.

But I am not now writing of it as a sacred duty, or as a mere luxury. In either light it is essential to watch and note its effects. The *cold* bath must not be employed without certain reservations. If there be a diffused redness or warmth breaking forth over the body on our emerging from the water, *it is congenial*, and will probably be beneficial to the system: if, on the contrary, there be a chilliness, or *pallor*, and numbness of the limbs, and especially if headache and depression ensue, there is a deficient power of

*reaction*, and the repetition will be injudicious. Both in this and the shower bath, friction with a coarse towel will often obviate chilliness. When the cold bath is impracticable, a coarse towel should be made into gloves, which may be saturated with wet, and applied over the whole surface of the skin, without much fatigue. In very languid constitutions it is also often prejudicial to employ the vapour or *very* warm water bath, as they relax the system too much; yet, in almost every case, they may be *partially* adopted in the leg or foot bath, and warm sponging.

The water, in cases of debilitated constitutions, should at first be tepid,  $80^{\circ}$  to  $90^{\circ}$ , and its temperature may be decreased *gradually*, until it can be borne without any sensibly ill effect. Such moderately warm bathing may be employed under almost all conditions: even in the inflammatory it will act as an agreeable fomentation. If vertigo or headache should occur in the plethoric, no bathing should be permitted, except wet cloths be folded round the forehead.

It must be remembered, that effects will vary according to the temperature of a water: the force and frequency of the pulse, for instance, will at  $80^{\circ}$  be *lessened*; at  $100^{\circ}$  it is almost invariably *accelerated*. This is important: the former effect is *sedative* or soothing, the latter *stimulant* or exciting. The bath should not be taken directly after a meal.

Regarding the care of the surface of the body, it is

sufficient to regulate its clothing according to temperature or season, but, above all, to avoid *sudden vicissitudes*, especially the transition from heat to cold. Even the *momentary* exposure between the door and the carriage has been often the source, not only of the so often fatal consumption, but also of many unyielding diseases of the skin.

Where any *peculiar* tendency or predisposition to disease exists, especial caution must, of course, be observed regarding those causes which excite, or *bring out* such maladies: different disorders require different preventives.

These precepts for *prevention* of cutaneous disease, if obeyed, will go far to avert most of those evils; if, however, disease be already established, we are then called on to employ more direct and decided means—a remedy for its cure.

## DISEASE OF THE SKIN.

In the *restoration* of the health of the skin, the *cure* of its diseases, it is the safest precept to regard most of them as the outward sign of an inward cause, or as springing from that extensive *sympathy* of the skin with remote organs of the body, especially the lungs, the kidneys, and the bowels. Some of these diseases are *transient* only, as red rashes and wheals; others are more permanent, as scaly and crusted diseases—protracted erysipelas, chronic ulcers, the pimples of *acnè*, &c.

When internal disease exists, nature, faithful to her laws, will endeavour to send her impurities to the surface of the body: if therefore those pores, through which the system is constantly unloading itself of its impurities, be *kept open*, we not only allow this cleansing process to proceed favourably, but, by this sweating, the *humour*, so to speak, does not stop at, but is sent through, the skin: thus internal disorder is relieved, and the establishment of skin-disease is also prevented by this free natural outlet. If, however, the pores *are obstructed*, then skin-disease is formed.

Eruptions in this light become preservatives: pimples or rashes have sometimes instantly relieved the paroxysms of *angina pectoris*, and other spasmodic disorders, and even inflammations of the internal mem-

branes of the bowels, lungs, or head, which were increasing in intensity, and appeared likely to terminate fatally. Inflammation of the lungs, and even true consumption, have been arrested by the occurrence of small-pox.

When, therefore, we become impatient at the non-success of our treatment in cutaneous disease, and consider nature as capricious or ungrateful, we should believe that she may understand her own business best, setting up this resistance because the remedy would be worse than the disease. Of this we have known many proofs. Even from checked perspiration, severe indigestion will often result. The application of cold lotions to erysipelas of the face has been speedily followed by brain fever, loss of sight, stupor, and convulsions, or paralysis and insanity. To the superficial cure of itch have succeeded acute disorders of the liver and other organs.

Where even a simply local disease has existed for a *long* period, it becomes, as it were, essential to the constitution, a *natural issue*. On its sudden healing constitutional derangements will often speedily take place. Even from the *spontaneous* disappearance, but especially from the rapid removal of crusts on the head, destructive ophthalmia and inflammation of the brain in children are not unfrequent.

Now this does not imply that we should *favour* or promote skin-disease (for its irritation will sometimes itself derange the health), but that we should rather

favour the *transit* of humour by perspiration, as by the aid of sulphur and other similar *sudorifics*. Thus there is wisdom in abstaining from hasty interference, until we first attend to the internal or *constitutional* causes. It is as essential to know *when* to cure, as *how* to cure.

Skin-diseases are commonly characterized by *one* of *two* degrees :—

1. *Inflammatory*, marked by heat, pain, redness and degrees of swelling or fulness. Some of these are of recent origin and transient, as rose-rash, measles, erysipelas, small-pox, &c. ; others, we term *chronic*, being more protracted and resisting, or even permanent, marked by alteration and change in the tissues of the skin, as the crusts of ringworm, the scales of leprosy, &c.

2. Diseases of *debility*, arising from a weakened or languid action of the blood-vessels, and marked by a *pallid* or *livid* hue of the skin, and of its eruptions, as scrofula, scurvy, and the purples.

In infancy and childhood the diseases of the skin are more simple, less complicated with one another, because the system is purer, not having had time to become contaminated by various maladies.

When the stomach is taking on the new duty of digestion, and subsequently, during the process of dentition, the skin, naturally vascular, is incessantly irritated, therefore *inflammation* is the general character of infantile disease, and this from the delicacy

of the frame will, if not checked, rapidly cause the powers to yield and sink into direct debility.

In adult life disease will be more complicated : the system is usually also more robust and settled, allowing time for acute and inflammatory disease to subside into the *chronic* form, or the various tissues of the body to become altered in their structure. Ere the adult period is fully passed, we see many of the most unyielding diseases, as those of pustules, crusts, and scales especially.

In old age diseases though less acute are more protracted or permanent : there are complete *changes* of the tissue of the skin. It is, as we term it, *disorganized*, from the effects of various diseases that have long acted on it, or are still subsisting. We observe, however, all these varieties at times intermingled ; *inflammation* may be accompanied by extreme *debility* ; and it may also be combined with the permanent alteration of the skin.

The full treatment of skin-disease, a complete and popular treatise, combining a variety of lotions, ointments, &c. would only lead to error ; yet some *general principles* of management may be here safely added to our precepts of prevention, with which indeed they are naturally and intimately blended ; and this by allusion to these two contrasted conditions, so often indicated by complexion and tint of eruption, of course with modifications adapted to constitution, temperament, age, sex, and habits.

## INFLAMMATORY DISEASES.

In almost all those diseases arising from a red or angry surface, or surrounded by an inflamed ring or base, or in inveterate scales with bleeding fissures, especially if combined with *pain*, *depletion* is essential. Bleeding is often most beneficial by reducing this inflammation, and it is after this, as a premonitory step, that our *specific* remedies, if such we possess, are employed with the greatest success. It is not, however, always essential to bleed: minute doses of *tartarized antimony*, especially if copious perspiration ensue, or purgatives of an active nature, will often suffice.

Depletion may also to a certain degree be accomplished by very simple and *negative* means. If we do not *replete* by high feeding, the system will soon find its level, and therefore abstinence is itself depletion; for that superabundant blood, which perhaps has kept up disease, is soon expended or unloaded of its impurities.

The diet then should consist of simple and unstimulant viands; cow's or ass's milk, and spring water, barley water, malt tea, toast and water, Seidlitz or Seltzer water, forming the usual beverage.

But it is difficult to propose *general* rules regarding our diet: those who candidly appeal to their own sensations, and have the courage to appreciate and obey them, even to the mortifying of appetite, will

be the best *dietetic* physicians. The sensations of the stomach are often our best guide; or rather their almost absence: for with a perfectly healthy digestion, we should be scarcely aware that we possess a stomach.

It is wonderful that even those who are sensible of the inestimable effects of abstinence are so constantly erring, and it is equally wonderful that the digestive function is performed, even as it is, while it is so constantly abused.

Let us contemplate, even by reflection, the masses thrust into the stomach of a gourmand at a *great dinner*: even the idea is sufficiently nauseating to make us wish for a Catholic week in Lent. It were well if a better understanding existed between the *palate* and the *stomach*: if, after the latter had been well fed, the former were more considerate for its distension, and reflected a little on the enormous duties the stomach had to perform, ere it smacked its vampire lips for a repetition of its gorge. A little more courtesy would be a *mutual* advantage. One of our greatest failings at table is the desire to *satisfy* the appetite. In most cases, probably, one-half of a meal is superfluous or hurtful. If we are interrupted in its course, it is seldom that the appetite is not lost on our return; a fair proof that it may have been fallacious. Time, in fact, has now been allowed for the *gastric acid*, which had by its stimulation of the coats of the stomach created the sense of hunger, to

transfer this action to the food which it is now employed in converting into a pulp we term the *chyme*, the first process in the formation of new blood.

Let it be remembered also that, in the plethoric, rich diet will often render it essential for the system to *relieve itself*, either by keeping up the establishment of disease on the skin, or by the more perilous consequence, acute internal disorder.

In almost all diseases of inflammatory character, the tepid water-bath, or warm-water sponging, or fomentation of poppy and camomile, will be in some degree useful; and, as in cases of inflamed crusts, or pustules, as of scald-head, or ringworm, poultices, *to reduce the common inflammation*, will always be beneficial. Even when stimulating remedies are used, a poultice occasionally applied will always expedite the cure, and often succeed when one only form of application has failed.

One word on the *pitting* of small-pox and severe chicken-pock. The prevention of marks may often be attained by keeping the patient in a chamber, from which the light is almost entirely excluded, from about the seventh day of the first pimple of the pock until the sixteenth. If the pocks are *few*, their points may be touched at an early stage by caustic.

## DISEASES OF DEBILITY

Are marked by pallid or livid hue of the skin, by languor, perspiration, sometimes by a tendency to fainting on sudden mental impressions or increased exertion, and often by the contrasted state of the sensations, which are, in some few, hysterically acute, in others almost absent.

There is usually a *depression* of the circulation, which, however, may still be combined with a certain degree of low inflammation of a scrofulous or scorbutic or erysipelatous character.

The diet in these cases should be carefully supplied, a little at a time; excess of *diet* is not excess of *nutriment*. It should consist of that food which contains the greatest quantity of nutrition in the smallest possible space, as animal and vegetable gelatine,—isinglass, calf's-foot, Ceylon moss (*Prevités*), of those edibles which are, as it were, *half digested*; for, although the weak stomach requires a full nutrition, it has not energy enough to extract it unless it be thus assisted.

In the debilitated stomach of the adult, it will be often salutary to take one or two of the following pills, about one hour before dinner, reclining on a sofa at least half an hour before the commencement of a meal.

Powdered rhubarb, 8 grains,  
Carbonate of ammonia, 1 scruple,

Extract of hop, 1 scruple.

Divide into ten pills.

In weakly stomachs and those of children, the food is soon disposed to the *acetous fermentation*; (the *acid stomach*;) to remove this tendency, *small* and repeated doses of an alkali, as the clear solution of magnesia (Murray's or Dinneford's) will be very useful. In the youthful the milk of asses and goats will be the best beverage; in the adult, sweetwort, the unfermented infusion of hop or malt, and soda water with milk, a combination of the *nutritive* and the *ant-acid*.

The error of a weak stomach is naturally an indulgence in fasting; indeed, the extent of our fasting periods is, in certain cases, as hurtful as excessive indulgence of appetite. The *gastric acid* (before alluded to), the first grand promoter of digestion, if it has not at a certain period the new food to act on, irritates the coats of the empty stomach, producing that sensation we term racking or gnawing, exhaustion, and consequent indigestion. It does not require a full meal to avert this; a biscuit or a crust will suffice. By a crust also, with a cup of new milk, should the stomach be fortified ere morning exercise be taken; walking before breakfast is only beneficial when the stomach is in a healthy or energetic state.

In cases of scrofula, especially in advanced life, the pale Indian ale should be the beverage; if this produce headache, the simple infusion of malt may be

substituted. Where there is a scorbutic tendency, marked by a spongy and bleeding condition of the gums, and with livid spots on the skin, it is quite essential to restore that energy of the digestive function which is almost invariably impaired. In consequence of this defect, the *blood* itself is unhealthy, and all its secretions 'depraved': indeed, in many cases, this unhealthy *crisis* of the blood almost constitutes the essential origin of the disorder. In this condition the diet should consist of animal jelly combined with acescent vegetables, salads, cresses, and unripe fruits. It is known that scorbutic slaves would almost instinctively devour the *green* guavas in preference to the ripe ones; nay, even the green and succulent *grass* was eaten with avidity by Lord Anson's sailors in the isle of Tinian. We might make several salutary additions to our salads of this sort; I believe the *oxalis*, or *wood sorrel*, is almost equal to the *citron* fruits in antiseptic qualities; as an occasional refreshing drink I would recommend in moderation nitric or sulphuric acid sherbet, (half a drachm of either acid to a quart of water,) well sweetened with loaf sugar, or the citrated kali; these and other acid drinks being imbibed through a quill or glass tube, that the enamel of the teeth be not injured.

Attention to the state of the mouth is of much importance; portions of food adhering about the teeth soon become decomposed. The qualities of the saliva also, so essential to perfect digestion, become de-

praved; the mouth should therefore be washed and the gums sponged lightly after each meal, or thrice in a day, with fifteen or twenty drops of the tincture of myrrh in a claret-glass full of spring water. At the termination of acute fevers, &c., where we have livid spots and sloughing sores, *quinine* and the *citrate of iron* and the mineral acids should be judiciously administered. In cases of scaly diseases accompanied by debility, the following will often prove a salutary beverage.

Sulphuret of potass or soda, 8 grains,

Strong rose-leaf tea, 1 pint.

One wine-glass full to be taken thrice in a day.

During these tonic modes of treatment it will be well to employ, from time to time, mild aperients; for, although a *powerful* action would be injurious, and even slight purgation itself an evil, it is the *least*. Depraved secretions are constantly accumulating, the ejection of which is most essential. The most appropriate aperients are the mild salines with ginger syrup; or the *salino-chalybeate* aperient prescribed in page 10.

In wasting children, with livid sores or eruptions, the cause of disorder will often be traced to accumulations and obstructions about the orifice of the *lacteals*, the vessels which absorb nutriment from the intestines. A mild aperient, as the *grey powder*, followed, in a few hours, by castor oil, will often act as a pioneer, and, by removing obstructions to this absorp-

tion of *chyle*, invigorate the system, and thus indirectly remove disease. The health of the mother of a weakly suckling should be watched, as the milk from her bosom, instead of being a fountain of health, may become the spring of disease.

*Decided* laxatives should never be taken within two hours before or after a meal, as it is scarcely possible that nutrition should then take place, the *chyme* or new pulp being hurried through the intestines too quickly to allow of absorption. If the stomach be irritable and reject the aperient given by the mouth, an *injection* of warm water should be occasionally administered, adding salt or oil if more active qualities are desired.

When languid and almost *painless* ulcers occur on the skin, marked by a *glassy* or shining surface of the sore, or when the glands of the neck are swollen, the hue of the skin being pallid or pale pink, often with a very clear pink cheek, (the marks of *scrofula*,) the juice of walnut leaves will be useful. Two of the common sized leaves, lightly bruised, and infused in a pint of boiling water, and sweetened, may be given twice or thrice in a day. Iodine, in its various forms, is very beneficial in these conditions, but it is too potent a remedy to be prescribed without scientific watching.

In the cases of black points or red lumps, or scalliness, or roughness of skin, especially that of the forehead, which are so often occurring at the approach of

adolescence in both sexes, *local* applications, as warm water poultices, &c. will be merely palliative; they are indications of changes requiring especial internal treatment. When combined in the female with irregularity, debility, or *hysteria*, terms which every mother will understand, the *citrate of iron* lozenges, a safe and elegant medicine, will almost invariably be of some utility. From two to four of these may be given twice or thrice in a day.

## PROTRACTED DISEASE.

The usual forms are pimples, vesicles, and pustules, *remittent* or occasionally recurring, and those which may be properly termed *disorganized*, crusts and unhealing open ulcers, the result or *second stages* of vesicles and pustules, and leprous scales.

In all these protracted cases there are either *latent* causes which probably produced, and tend to keep up the disease on the skin, or that tissue has been so long in progress of disorganization, that it has almost taken on a second nature. It is often, indeed, the *weak point* on which are vented all the evils of the body; many of them are still, however, but *effects of a cause* which we must endeavour to correct or remove. This removal however must often be done with special caution, nay, it may be injurious even to attempt it suddenly; and, if unfavourable symptoms are the consequence, it may even be essential to *re-produce* it. The palliative plan should for a time be adopted, by merely warm water fomentation or poultice, and alteratives, as sarsaparilla, sassafras, and Plummer's pill. When the primary disorder has for some time subsided, then, and only then, may it be safe to adopt *external* treatment.

It is seldom that an acutely inflammatory condition will be much protracted; its destructive results will be soon evinced, or it will subside into a chronic state. Scrofula and scurvy, however, may be long marked

by inflammation of a low form, which is usually the most difficult of removal, not being reduced by *active* remedies. For these cases citrate of iron, occasionally combined with the fluid magnesia, and sea bathing will be beneficial ; or ablution with *artificial* sea water, composed of subcarbonate of soda, four or six ounces, dissolved in the water of a common bath.

In some unyielding diseases, as old scales of leprosy, &c., it is often essential to apply a blister, in order to form a *new* or *more healthy* tissue in place of one long subject to a diseased process.

To these protracted diseases our attention will be often very painfully directed ; indeed we have more than once been tempted by promises more magnificent than we would venture to affirm, from those who, worn out by mental suffering and debilitated constitution, had run through a host of physicians in their misery, and had adopted the whole catalogue of *specific* remedies in vain, if we would *promise* a complete removal of the scourge. But we must be especially wary of offering such a pledge, as we have very seldom time or patience conceded to us to redeem it, even were that possible.

The MODE OF APPLICATION of remedies is a subject too often slighted. Leeches, blisters, fomentations, poultices, are often almost inert, because the *mere application* has been deemed sufficient: without ensuring any of their immediate or visible effects, how can we expect their remote or remedial consequences?

In the employment of ointments, I cannot too much advise the *washing off*, by soft *dabbing* with warm soap and water, of the *former* grease ere we apply the *fresh*; and inunction will be often far more efficient if we envelope the head or other part with oil silk: this confines the virtues or qualities of the remedy, which might otherwise be evaporated or dispersed.

In the cases of *most* inveterate itch, we have succeeded in effecting even a speedy convalescence by confining the patient strictly to bed for a few days, the skin being thus constantly subject to the fumes of sulphur internally and externally employed; in fact, a sulphur bath.

In many cases of disease the action of the common atmospheric air is too irritant. In such cases a light covering should be employed, or the skin may be rubbed with bland oil, as that of cocoa nut, or the simplest ointment, as that of elder flower or spermaceti, or lightly dusted with starch flour, to avert the heat, itching, or stinging, the result of exposure. This precaution will often quickly remove the tendency to the prickly heats and blisterings of the skin, occurring during the summer months. Where there is an oozing of watery fluid or matter, often corroding the surface, the part should be dusted with white starch powder or common flour, or a bath of fine starch gruel, or of bran and water, may be employed.

In the treatment of bladders, as of burns and scalds, and those of erysipelas, protection from the air is of great importance : thus finely carded wool will afford quick relief, while flour sprinkled on the surface, or starch or magnesia rubbed up with melted spermaceti or lard, and kept on for a day or two by folded tissue paper, will most completely defend the part by forming a *crust*, while the healing process is proceeding uninterruptedly beneath it.

The more inveterate and indurated forms of scaly disease, *without active inflammation*, may be treated with more freedom than many others ; they may be *kneaded* or *shampooed* in the bath. Even the horse-hair gloves may be often used with benefit, especially when exercise or the warm bath has partially detached the scales of the cuticle.

## MINERAL WATERS.

One of the most important subjects regarding both prevention and cure of skin-disease, is the judicious employment of water, especially that endowed with specific virtues or properties, either as a beverage or as a bath. That this *may be* judicious, I will here allude to a few of those natural springs and artificial waters that are salutary in certain forms of disease, reminding all of the evils consequent on the *unscientific* application of *repellents* to the maladies of the skin in our endeavours for their *superficial* removal.

The science of chemistry has, by analysis, developed the qualities of most of the saline and chalybeate waters, and has, moreover, artificially prepared them with so much precision that we may enjoy the qualities of many continental springs in the medicated baths of the metropolis, which are managed with very great judgment, by experienced and scientific persons, and drink the waters of Pyrmont in our dressing-rooms<sup>1</sup>. But this is not all : we require the salutary influence of pure air and exercise, and amusement, both in reference to the health of the skin and our

<sup>1</sup> The manufactures at Brighton are a very close imitation of the natural springs : but the mineral waters themselves may be imported, and those of our own spas, as Beulah, Hockley, &c. are sent out in any quantity ; and I may add, that in slight cases, where a *salino-chalybeate* is required, a combination of the fluid magnesia and the citrate of iron will be often very effective.

treatment of its maladies. The voluptuous excesses of a city, sedentary occupation, anxiety and fatigue in the study, or the pursuits of business, may thwart all our efforts. The integrity of the digestive function, and the breathing of pure air, will almost *ensure* a more *healthy blood*, and this will go very far, if not to remove disease, to render our other modes successful. In this, indeed, consists the secret of benefit from marine and rural residences, and the success of some celebrated *systems*, as the hydropathy of Priessnitz, &c. For it must be remembered, that as all our *secretions* are formed from the blood, no healthy process can be ensured if this be *unhealthy*.

The waters of warm *springs* will also be more salutary than *artificial* baths, from the more perfect diffusion of qualities or ingredients, and temperature; and the aperient virtues of natural springs may be longer employed without any *unfavourable* results. To persons especially of debilitated constitutions, or those afflicted with a scrofulous or scorbutic tendency, or with a melancholy temperament, pure air is invaluable. For these the continent is certainly preferable on one point, the attainment of a greater change of scene and habit, which most beneficially influences the mind, and, through it, the digestive function, &c. It has the advantage too, it must be confessed, in the important item of *local* economy. It is true, also, that the salubrious and spring districts are more widely extended, and that pastoral valleys

and Alpine sublimities are there combined in one, and laid at our feet. Such are the romantic gorges through which the light green waters of the mountain streams descend to the large rivers, expanding in their course into a succession of crystal lakes, within a circle of gigantic and pine-clad mountains. Regarding the temperature of the springs also, the continental are superior; the thermal waters of England seldom exceeding  $80^{\circ}$ : the hot well of Bath however, is  $117^{\circ}$ . There are, however, many and unavoidable annoyances in continental tours to counteract these advantages, especially to the languid, the delicate, and the sensitive. Regarding *residence* also, even in the most enticing climates, there are very vital objections to certain seasons of the year. Thus Naples, during the months of September, October, November, December, and January, affords a very salubrious resort; but the melting of the Apennine snows in February directly sends down the piercing tramontane wind; while in the heat of summer the vapour of the sirocco creates an universal prostration; and the electric influence of Vesuvius produces a peculiar excitement in sensitive persons. At Pisa, at certain seasons, the promenade must be confined within narrow limits; while at Nice the mistral has a most prejudicial effect on the healthy action of the lungs. Therefore, except in those especial cases which require the specific qualities of certain impregnated waters, the delightful and salu-

brious localities of our own island, less wild though equally beautiful, and attained with so much facility, offer to us the *most unalloyed* benefits.

It seems, however, a natural error of the mind to undervalue the good immediately around us, and to seek perfection in distant climes. Our own vicinity is, in fact, too familiar to us; it is without that shade of mystery, which seems to impart to our feelings the charm of *confidence*, so essential, it must be confessed, to the success of remedy. It would be difficult to select from the salubrious districts of Britain those most eligible for all cases of skin-diseases. Regarding marine resorts, however, it may be observed that the Undercliff, Salcombe, Torquay, Dawlish, Hastings, Penzance, Tenby, Bournemouth, and those sandy and rocky shores on the southern coasts, which are protected by a *northern* shield of limestone or chalk hills, should be sought in cold, rainy, or wintry seasons: the eastern and north-western coasts should be avoided in winter, the former especially, at those periods when the wind, being in that quarter, wafts to us the malaria of Holland and Germany. As an inland resort, perhaps, Clifton is the most eligible on *all* points, as, with the virtues of its springs, it possesses the mildest and driest climate in England: next to this, the Undercliff and Hastings: for those who can bear a bracing air, Malvern, High Harrogate, Tonbridge, or Brighton, the latter perhaps being more free from

*malaria* than many others, in consequence of less vegetable and animal decomposition around it.

Regarding residence, *early in the year*, on our more open and exposed coasts, much caution must be observed, although the very great uncertainty of our climate, of late years, must render our precepts on this point somewhat imperfect. At Brighton especially, at Ramsgate, Margate, Herne, &c. open-air exercise before the month of June will often be hurtful to delicate or irritable skins, constantly exciting erysipelas in those predisposed to that malady, and producing languor and debility in weak systems. During a north wind at any season, visitors at Brighton should confine their walks to the *undercliff* promenade, and the cliff half of the chain pier, observing the same protection from *cold* wind, wherever they may be residing.

As remedies for cutaneous diseases, *saline* springs act usually by their *aperient* quality ; the chalybeate by *astringent* and tonic effects ; the salino-chalybeate according as the one or other quality preponderates. It is this double quality, which renders them so beneficial. Some waters, from their containing certain proportions of carbonate of magnesia and soda, act beneficially on the skin, by imparting a peculiar elasticity like that of the eel, as Chaude Fontaine ; or a peculiar softness (*the satin skin*), as Schlangenbad ; by relaxing and cleansing the pores, as Croft, in Yorkshire, and Wildbad : others by exciting another eruption, as Louësche in Switzerland, and Baden,

Pyrmont, Marienbad, and Bad Ems (which last produces an itching and efflorescence termed the *Bath itch*), and Gastein, so often efficacious in removing *mercurial* eruptions, by reproducing the original disease for which the mercury had been prescribed. Others derive their influence from their impregnation with iodine, as those of Shotley Bridge, Woodhall, and Tenbury. Acidulous springs, as those at Pyrmont, Kissengen, Godesburgh, &c. by amending the condition of the blood, are very useful in scorbutic and languid maladies.

The *salino-chalybeate* springs, according to the proportions of their ingredients, often produce the combined effect of softening the skin and imparting tone: such is the effect also of the mud baths of Fransenbad, Teplitz, &c. which sometimes succeed when water-baths have failed, especially in the more protracted cases of white scales or leprosy.

Those who seek relief from the influence of our springs in cutaneous disease, may be divided into two classes. Those of weakly and predisposed habits, who are excited by unhealthy localities, by excesses in diet, or by anxiety and fatigue, require simply a salutary change of climate and modes of living; and those in whom it is essential to impart to certain deranged functions or organs of the body (the *source* of the skin-disease), or to the altered tissue itself, certain *specific* actions.

In patients of the first class, exercise and amusement, with the aid of light and nutritious diet, and mild aperients, will often be speedily followed by convalescence. For these the sea-side is undoubtedly preferable: the atmospheric purity and changes caused by the agitated waters of the ocean, and the imbibition by the skin of saline particles, create an elasticity of mind and body highly salutary.

In cases of *Hypochondriasis*, the cold mineral waters of Germany are the most valuable, as they abound in carbonic acid gas, which both renders the beverage more agreeable, and ensures a more perfect solution of the minerals. Of this class are some of our artificial waters, as soda, Seltzer, and the sparkling fluid magnesia. Perhaps the most exhilarating waters are those of Seidschütz and Kissengen in Germany, and Woodhall and Tenbury in Lincolnshire.


The present springs of easiest access from London are Streatham, Beulah, Tonbridge, Bath, Clifton, Hockley, near Southend; Sandrock, in the Isle of Wight; Leamington, Cheltenham, and Dorton, near Aylesbury. Streatham may be reached in half an hour, Beulah in less than an hour. The Streatham water is a salino-chalybeate, of a very active nature, with a slight odour of sulphur. The Beulah water, like that of Hockley, is a simple saline, and can be employed in almost every malady of the skin: its aperient quality exceeds that of many wells at Cheltenham. These springs of the Norwood sand-hills should be

highly valued by the metropolitan, whose avocations can spare but two or three hours for the promotion of health, or the removal of cutaneous affections. They are surrounded by tufted hills, studded by luxuriant woods and parks, and green meadows; and in warm and temperate weather, the breeze which blows over them will impart a freedom of respiration and of circulation, which tend to enhance to a very great degree the salutary effect of their waters.

In the more inflammatory conditions of the skin, free depletion will be essential, and, to a moderate degree, sometimes in those who are marked by pallid or livid complexions, while we support the power by mineral tonics and acescent vegetables. This *seems* a paradox—but it is judicious.

The second class constitute the more unyielding and protracted forms of pustules, or pimples, vesicles, crusts, and scales.

Those of an inflammatory character, being usually of recent date, are vesicles and pustules, which terminate in a second stage, *crust*; and a form of scale, *psoriasis*, marked by heat, pain, redness, and more or less fever. In very severe inflammatory forms, bleeding and very free action on the bowels should generally be premised ere bathing be commenced: indeed, in almost all cases of skin-disease, *alteratives* and *aperients* should be taken for a short time previous to a course of bathing, to avert the ill effects of *repulsion*. In confined habits, a pill, composed of



powdered rhubarb, colocynth, and blue pill, should always be taken the evening before a morning bath.

The more protracted diseases are vesicles and pustules, which arise, as it were, in successive crops, and the unyielding scaly diseases, often extending over the whole body, and depositing constantly a quantity of branny scales of the cuticle.

Some of these vesicles and scales are *intermittent*, occurring at certain regular periods, as spring and autumn, or at *periodical* indispositions in the female, or casual changes of the system.

Extreme sensibility of the skin, or intense tingling or itching, yet *without visible eruption*, will sometimes occur during the middle and latter periods of pregnancy, subsiding entirely only on its termination in a birth. As these cases, however, are usually associated with disordered secretion of the kidneys, alkalis, as soda, or potass, will often mitigate the heat and itching of the skin.

Some are *remittent*, appearing without evident cause, or on indulgence in excess; others establish themselves on the skin, forming there new and unhealthy deposits. The former cases are usually obedient to the general principles of medicine: it is to the latter that saline and chalybeate waters are so beneficial, to many of them indispensable.

There will constantly occur much discrepancy of opinion regarding the special adaptation of the various baths at present known to us, as there may be shades

of difference in the same disease occurring in different skins ; and disappointment may arise from the erroneous belief that those waters, *the constituent parts of which are the most numerous, are the most powerful*. This is not essentially the case.

The modes too, adopted by the medical residents, and regulations of diet and exercise, may render the effects of the waters variable, even under the same apparent malady and circumstances.

To those physicians severe maladies should be referred.

To present, however, a *general* view of the adaptation of mineral waters to the varieties of skin-disease, I will enumerate the various forms which they assume, *marked by numbers*, and then a list of our chief British and continental spas, to which those numbers are attached which indicate the diseases in which they are efficacious, an \* being added when we deem them especially salutary.

These references combine, with some little modification, both drinking and bathing ; baths, however, are not erected at every spa in England.

1.

Pustules and vesicles with inflamed bases, heat, pain, fever.

2.

Crusts or scales with inflammation, &c.

3.

Vesicles or wheals easily excited on very irritable skin.

4.

White or red scales with inflamed edges or cracks, heat, tingling, pricking.

5.

Vesicles or pustules (*chronic*) appearing in successive crops.

6.

Skin-disease depending on primary disorder in the stomach or bowels.

7.

Cases arising from or combined with disorder of the kidneys.

8.

White or red scales, chronic, *not* inflammatory or painful.

9.

Diseases marked by pallor, languor, or debility, swelled glands or wastings.

10.

Diseases marked by livid spots, spongy or bleeding gums, foetor of breath, debility.

11.

Diseases combined with depression of spirits, and indigestion.

12.

Protracted ulceration or open sores.

## ENGLAND.

<b>BUCKS.</b>	Dorton (near Thame) ...	4. 5. 6. 8°. 9°. 10. 11.
<b>DERBYSHIRE.</b>	Buxton .....	5. 6. 8. 9. 10. 11.
	Matlock .....	1. 5. 6. 7. 8. 9. 10. 11. 12.
<b>DURHAM.</b>	Shotley Bridge .....	5. 6. 8. 9. 10. 11.
<b>ESSEX.</b>	Hockley .....	1. 2. 3. 4. 6. 7. 8.
<b>GLO'ESTERSHIRE.</b>	Cheltenham.....	5. 6. 8°. 9°.
	Clifton .....	5. 6. 7. 8. 9. 11.
<b>HANTS.</b>	Bournemouth .....	
	Sandrock, Isle of Wight .	5. 6. 8. 9°. 10. 11°. 12.
<b>KENT.</b>	Tunbridge Wells .....	5. 6. 8. 9°. 10. 11.
<b>LINCOLNSHIRE.</b>	Tenbury .....	5. 6. 8. 9. 10.
	Woodhall .....	5. 6. 8. 9. 10°. 11. 12.
<b>SURREY.</b>	Beulah .....	3. 4. 5. 6. 7. 8. 9. 10. 11.
	Meg's Well, a solitary cold spring (near Dorking)...	2. 5. 6. 8. 9. 10.
	Streatham Spa, chalybeate	2. 3. 4. 5. 6. 8°. 9. 10°.
<b>WARWICKSHIRE.</b>	Leamington, sulph. hydr.	
	Montpellier, Nos. 2 & 4 .	2. 4. 5. 6. 8°. 9. 12.
	Willoughby .....	2. 4. 5. 6. 8. 9. 10.
<b>WESTMORELAND.</b>	Shapwell (near Appleby)	1. 2. 4. 5. 9. 10.
<b>YORKSHIRE.</b>	Aldfield (near Ripon) ...	1. 2. 3. 4. 8.
	Askerne, near Doncaster, strongest in sulphur ...	2. 3. 4. 5. 7. 8.
	Crickhill (near Skipton) .	1. 2. 3. 4. 7.
	Croft (near Darlington), excess of sulph. hydr....	1. 2. 3. 4. 5. 6. 8°. 9°. 10. 11.
	Harrogate, sulphuretted hydr. ....	2. 5. 6°. 8°. 9. 10. 12.
	chalybeate .....	5. 6. 9°. 10°. 11°.
	Horley Green (near Halli- fax), strong chalybeate...	8. 9. 10. 12.
	Hovingham (near Rivaux Abbey) .....	3. 5. 8. 9. 10.
	Ilkley, intensely cold.....	4. 5. 6. 8. 9.
	Knaresborough .....	3. 5. 6. 9.
	Lockwood (near Hudders- field).....	1. 2. 3. 4. 8.
	New Malton (near York)	2. 4. 6. 8°. 9°. 10°. 11.
	Scarborough .....	5. 6°. 8. 9. 11.
	Thorpe Arch (near York), strong chalybeate.....	4. 5. 6. 8. 9°. 10. 11.

## SCOTLAND.

Moffatt ..... 3. 4. 5. 6. 8. 9. 10. 11.

## WALES.

Llandrindod ..... 5. 8. 9. 10.

## CONTINENT.

Bagneres de Luchon ..... 4. 6. 8\*. 9\*. 10\*. 11.  
 Bareges..... 2. 4. 5. 6. 8. 9. 10. 11.  
 Aix la Chapelle ..... 6. 8\*. 9. 10. 11. 12.  
 Bad Ems ..... 1. 2. 3. 4. 5. 6\*. 7\*. 8. 12.  
 Bochart, Schwefel quelle ..... 5. 6. 8\*. 9. 10.  
 Boll..... 5. 6. 8. 12.  
 Chaude Fontaine, Liege, muriat. acid. .... 2. 6. 8\*. 9. 10. 11. 12.  
 Franzzenbad, gas bath..... 2. 4. 5. 9. 10. 11.  
 Gasteln ..... 5. 7. 12.  
 Godesburgh, Rhine ..... 3. 4. 5. 6. 8. 9. 10. 11.  
 Homburgh, Bad quelle..... 6. 8\*. 9. 10. 11.  
 Kissengen..... 3. 5. 6\*. 7. 8. 9.  
 Kissengen, Bruckenau, excess of carbonic acid 5. 6. 8. 9\*. 10\*. 11\*. 12.  
 Kreutzbrunnen ..... 6. 9. 10. 11. 12.  
 Leuk, foot of the Gemmi ..... 1. 2\*. 3\*. 4\*. 5\*. 6. 7. 8.  
 Leibenzell..... 1. 4. 5. 8. 9.  
 Marienbad ..... 4. 6. 9. 10.  
 Pfeffers ..... 2. 4. 5. 8. 9. 12.  
 Pullna ..... 1. 2. 3. 4. 6. 7. 10. 11.  
 Pyrmont ..... 1. 4. 5. 7. 8\*. 9\*. 10. 11.  
 Pyrmont, acidulous ..... 5. 6. 8. 9\*. 10\*. 11.  
 Saltzburg ..... 5. 6. 8. 9\*. 10\*. 11. 12.  
 Schwalbach, Weinbrunnen ..... 5. 6. 8. 9. 10. 11.  
 Schlungenbad ..... 1. 2. 3. 4. 5. 8. 9. 10.  
 Seidlitz ..... 1. 2. 3. 4. 8. 9.  
 Seidschutz..... 6. 9. 10. 12.  
 Spa, salino-chalyb. excess of iron ..... 5. 6\*. 8\*. 9. 10. 11. 12.  
 Teplitz ..... 2. 4. 5. 9. 10. 11.  
 Wildbad ..... 5. 6. 7. 8. 9\*. 10. 11\*.  
 Wiesbaden, Kochbrunnen ..... 5. 8\*. 9. 10. 11.  
 Castellamare ..... 2. 4. 5. 7. 8\*. 9\*. 10. 11.  
 Ischia, Fumarole, warm ..... 1. 2. 3. 4. 5. 6. 7. 8.  
 Villa Franca, Caldeira ..... 1. 2. 3.  
 Naples, acqua solfures ..... 3. 4. 5. 6. 8. 9. 10. 11.  
     ferrata..... 5. 6. 8. 9\*. 10. 11.

This is of course not to be considered as excluding many other baths, or as limiting the effects of those enumerated to the diseases named; indeed, at many spas, as at Harrogate, the *variety* of waters promises relief in almost every malady. It is merely an index, by consulting which, disappointment, perhaps some degree of peril, may be averted from those who *indiscriminately* employ them.

When an inactive disease has been too much excited, or when an inflammatory condition *subsides*, such diseases of course *change their character*, and may *then* be subjected to those waters that would before have caused an aggravation.

After a temporary amendment, during the course of bathing, headache, anxiety, coated tongue, and dreamy slumber, will often occur;—this is the *crisis*, *saturation*, or *bad storm* as the Germans term it, and requires suspension of the bath.

In conclusion, I may add one comprehensive rule regarding the temperature of the bath. The degree of heat generally most agreeable and safe is that which we term tepid or warm. i. e. from about 75° or 80° Fahrenheit to 96° (or 21° Reaumur to 28°); this temperature may indeed be used almost indiscriminately in common cases. The hot bath, from 96° upwards, must be only employed under scientific management; while the cold bath, i. e. below 75°, may often be injurious except in stages of perfect convalescence or general health, in robust constitu-

tions, and where we are quite free from anxiety regard a want of *reaction* on the skin, or the ill effects of a chill, and the repulsion or driving in of eruptions.

THE END.

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